

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (currently amended) A cooked cereal dough product high in total dietary fiber and in protein, comprising:
 - A. About 20% to 80% (dry weight) of the cooked cereal dough product of at least one starchy cereal ingredient;
 - B. sufficient amounts of at least one insoluble dietary fiber ingredient to provide a total insoluble fiber content of about 5-15% (dry weight);
 - C. sufficient amounts of at least one soluble dietary fiber, including inulin, ~~ingredient~~ to provide a total soluble fiber content of about 5% to 15% (dry weight); and wherein the weight ratio of total insoluble to total soluble fiber ranges from about 1:1. to about 1.5:1; and,
 - D. sufficient amounts of a plant protein ingredient to provide a total protein content of about 15% to 30% (dry weight).
2. (original) The cooked cereal dough product of claim 1 wherein at least a majority portion of the insoluble dietary fiber ingredient is provided by a cereal bran ingredient selected from the corn bran, wheat bran, rice bran and mixtures thereof.
3. (original) The cooked cereal dough product of claim 2 wherein the cereal bran is added in a form having a particle size ranging from about 50 to 800 micron.
4. (original) The cooked cereal dough product of claim 3 wherein the cereal bran has a particle size ranging from about 50 to 600 micron.

5. (previously presented) The cooked cereal dough product of claim 2 wherein the plant protein ingredient is selected from the group consisting of wheat gluten, corn zein, defatted soy meal or flour, soy protein, soy protein isolate, and mixtures thereof.
6. (previously presented) The cooked cereal dough product of claim 5 wherein the plant protein is selected from the group consisting of wheat gluten, corn zein and mixtures thereof.
7. (previously presented) The cooked cereal dough product of claim 6 wherein the cooked cereal dough product is free of soy protein.
8. (original) The cooked cereal dough product of claim 6 wherein a majority portion of the plant protein is wheat gluten.
9. (previously presented) The cooked cereal dough product of claim 6 further comprising a moisture content of about 15 to 35%.
10. (original) The cooked cereal dough product of claim 2 in the form of a dried food piece having a moisture content of about 2%-6%.
11. (original) The cooked cereal dough product of claim 10 wherein the dried food piece includes a topical coating.
12. (currently amended) The cooked cereal dough product of claim 2 wherein at least a portion of the ~~soluble dietary fiber ingredient is provided by~~ inulin has having a DP ranging from about 9-17.
13. (currently amended) The cooked cereal dough product of ~~claim 12~~ claim 11 wherein at least a portion of the inulin is provided in the topical ~~sugar~~ coating.

14. (original) The cooked cereal dough product of claim 6 wherein the wheat gluten is non-vital wheat gluten.
15. (original) The cooked cereal dough product of claim 2 in the form of flakes.
16. (original) The cooked cereal dough product of claim 15 wherein the flakes have a thickness of less than 1 mm.
17. (previously presented) The cooked cereal dough product of claim 1 wherein the starchy cereal ingredient is selected from the group consisting of rice flour, wheat flour and mixtures thereof.
18. (previously presented) The cooked cereal dough product of claim 2 wherein a portion of the insoluble dietary fiber ingredient is provided by about 0.1% to 1% of carboxymethyl cellulose.
19. (original) The cooked cereal dough product of claim 17 comprising about 18-22% total dietary fiber and about 18-22% wheat gluten.
20. (original) The cooked cereal dough product of claim 15 wherein the flakes are dried having a moisture content of about 2% to 6%.
21. (original) The cooked cereal dough product of claim of claim 16 wherein the flakes are wet having a moisture content of about 10% to 25%.
22. (original) The cooked cereal dough product of claim 1 having a sugar content of less than 2%.
23. (original) The cooked cereal dough product of claim 2 having a fat content of less than 2%.

24. (original) The cooked cereal dough product of claim 2 additionally including about 0.5% to 4% salt.
25. (currently amended) The cooked cereal dough product of claim 1 wherein at least a portion of the inulin ~~soluble dietary fiber ingredient~~ is provided as a topical coating.
26. (currently amended) The cooked cereal dough product of claim 1 ~~claim 25 wherein the further comprising a supplemental soluble fiber of about 0.1 to 6% (dry weight) topical coating includes inulin.~~
27. (currently amended) The cooked cereal dough product of claim 26 wherein the supplemental soluble fiber is about 1 to 5% (dry weight) ~~topical coating includes about 30% to 50% inulin.~~
28. (previously presented) The cooked cereal dough product of claim 1 wherein the plant protein ingredient is substantially free of wheat gluten.
29. (previously presented) The cooked cereal dough product of claim 1 wherein the plant protein ingredient is substantially free of corn zein.
30. (currently amended) A method for preparing a fiber fortified food product, comprising the steps of:
- A. providing a cooked cereal dough comprising;
1. About 20% to 80% (dry weight) of the cooked cereal dough product of at least one starchy cereal ingredient;
 2. sufficient amounts of at least one insoluble dietary fiber ingredient to provide a total insoluble fiber content of about 5-15% (dry weight);
 3. sufficient amounts of at least one soluble dietary fiber ingredient, including inulin, to provide a total soluble fiber content about 5% to 15%

- (dry weight); and wherein the weight ratio of total insoluble to total soluble fiber ranges from about 1:1. to about 1.5:1; and,
4. sufficient amounts of a plant protein ingredient to provide a total protein content of about 15% to 30% (dry weight), and,
 5. about 15% to 40% moisture;
- B. forming the cooked cereal dough into sized shapes and pieces; and
- C. drying the pieces to a water activity of about 0.1 to 0.30 to form dried cereal dough pieces.
31. (currently amended) The method of claim 30 wherein the cooked cereal dough further including a supplemental soluble fiber content of about 0.1 to 5% (dry weight) at least a portion of the soluble fiber is provided by inulin.
32. (previously presented) The method of claim 31 wherein the soluble fiber level is at least 2g/oz.
33. (previously presented) The method of claim 30 wherein step A includes adding at least a portion of inulin to the dough after cooking.
34. (previously presented) The method of claim 33 wherein the dried cereal dough pieces constitute dried pellets having a moisture content of about 15-20%.
35. (original) The method of claim 34 wherein in step C includes the sub-step of forming flaked pieces, and wherein in step C includes the sub-step of toasting the flaked pieces to form toasted, dried flaked R-T-E pieces.
36. (original) The method of claim 35 wherein the method further includes:
- D. providing a sugar coating to the flaked R-T-E pieces.

37. (previously presented) The method of claim 36 wherein at least a majority portion of the insoluble dietary fiber ingredient is provided by a cereal bran ingredient selected from the corn bran, wheat bran, rice bran and mixtures thereof and the dried cereal dough pieces constitute R-T-E cereal.
38. (previously presented) The method of claim 37 wherein a portion of the insoluble dietary fiber ingredient is provided by about 0.1% to 1% of carboxymethyl cellulose.
39. (original) The method of claim 33 wherein step B includes the sub-step of forming the dough into pellets and wherein at least a portion of the inulin is added during pellet forming.
40. (original) The method of claim 33 wherein at least a portion of the inulin is topically applied.
41. (original) The method of claim 33 wherein at least a portion of the inulin is topically applied in a sugar coating.
42. (previously presented) The method of claim 30 wherein the a portion of the total soluble dietary fiber ingredient is provided by β -2-fructofuranose.
43. (previously presented) The method of claim 30 wherein the cooked cereal dough includes whole wheat.
44. (previously presented) The method of claim 30 wherein the method further includes:
D. deep fat frying whereby the dried cereal dough pieces are puffed to form puffed fried snack pieces.

45. (previously presented) The method of claim 30 wherein step A includes adding about 0.1% to 1% of carboxymethyl cellulose.
46. (original) The method of claim 30 wherein the cooked cereal dough includes a high potency sweetener.
47. (original) The method of claim 46 wherein the high potency sweetener is selected from the group consisting of aspartame, sucralose, potassium acesulfame, and mixtures thereof.
48. (original) The method of claim 47 wherein at least a portion of the high potency sweetener is sucralose.